

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be back at the senior center once again for 3 programs starting at 10:00 a.m. on the following Wednesdays: October 14th, 21st and 28th. On October 14th, his program will be “Country and Western – Early Songs and Singing Stars.” From the early “Hillbilly” hits of the 20’s and 30’s, on to the “Cowboy and Cowgirl” singers of the 40’s and 50’s, and up to the country stars of the late 50’s – the songs, writers and performers included in this program tell the first part of the history of country music of the USA. *Tumbling Tumbleweeds*, *Back in the Saddle Again*, *Tennessee Waltz*, *I Walk the Line*, *I Can’t Stop Loving You*, and *Crazy* are just a few of the story-telling titles included. Eddy Arnold, Gene Autry, Hank Williams, Kitty Wells and Ray Price are just a sample of the highlighted performers. Then on October 21st, Jack will be presenting “Smile-in’ Songs!” From *A Certain Smile*, to *You’re Never Fully Dressed Without A Smile*, every song in this program will contain at least one smile. So – “put a smile on your face for the whole human race” as we celebrate a simple change of facial expression. And finally on October 28th, Jack will be entertaining us with “Favorite Latin American Songs.” Latin music has long influenced American popular songs. From the “havanera” bridge to “St. Louis Woman”, through the Latin dance songs of the big bands, with “Granada” from Spain, to “The Girl From Ipanema” era of the 1960’s – the rich rhythms of Latin music have experienced ever-increasing popularity. In this program, we will be singing about two dozen of those classic Spanish and Latin American hits. If you’d like us to save you a seat for some or all of these programs, please call the senior center to sign up at 508-543-1252.

Monday, September 28

Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaw’s 1:00 p.m.

Tuesday, September 29

Stretch & Balance 8:30 a.m.

Cholesterol Clinic 9:00 a.m.

Zumba Gold 9:45 a.m.

Table Top Gardeners 9:45 a.m.

Nutrition 11:00 a.m.

Talespinners 2:00 p.m.

Wednesday, September 30

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Line Dancing Class with Jeanne & Faye 11:15 a.m.

Coffee & Conversation with the Town Manager 12:30 p.m.

Luncheon Outing - Dynasty 1:00 p.m.

Country Line Dancing 2:00 p.m.

Mindful Movements and Meditation at the Ahern 4:30 p.m.

Thursday, October 1

A Matter of Balance 10:00 a.m.

Paolo DiGregorio’s History Lecture 1:00 p.m.

Friday, October 2

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

ONE MIND, ONE BREATH- MINDFULNESS AND MEDITATION

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday from September 30th through November 4th from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr. Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called "MBX-12" and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim's martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness, cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to Foxborough adults of all ages. Space is limited so if you'd like to take part in these workshops to reduce stress and boost your energy levels, please register in advance by calling the senior center at 508-543-1252. Sign up has already begun. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

PAOLO DIGREGORIO'S HISTORY LECTURE SERIES

From the Great Pyramid to the Freedom Tower: A Brief History of Western Architecture

The German Romantic poet and author Goeth once said that "architecture was frozen music." And much like music, buildings can shape our feelings, arouse our passions, and leave us in wonderment or awe. From the dawn of civilization, we have built great structures, and the physical legacies of the past are still with us today. This series of historical lectures by the "Artifactual Scholar" Paolo DiGregorio will look at 3000 years of architecture and history in the western world, and will take us from the banks of the Nile to the heart of Russia to the shore of Lake Michigan...and of course, Italy. It should be a fun ride. The two remaining lectures of this series will be held on Thursdays, October 1st and 29th from 1:00 to 2:00 p.m. On October 1st, Paolo's lecture will cover the architecture of the Medieval World and the Renaissance (500 to 1600), and on October 29th his lecture will cover the period from the Baroque to the Modern (1600 to today). Call the senior center at 508-543-1252 if you are interested in attending and please let us know if you will be attending one or both of the programs. If you are unable to attend, you can borrow the DVD recordings from the senior center or check for the broadcast of these programs on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

TABLE TOP GARDENERS

The next meeting of the Table Top Gardeners will be held on Tuesday, September 29th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group. Also, the Garden Club has made some beautiful gardening boxes that would make great gifts. These boxes are on sale at the senior center for \$10 each, and the proceeds will go to the Garden Club.

MEDICARE UPDATE WITH PEG MCDONOUGH

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 15th at 2:00 p.m. to talk about the options available to beneficiaries for 2016 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans, and she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don't wait until it's too late! Call the senior center at 508-543-1252 to let us know if you'll be joining us.

LINE DANCING WITH JEANNE AND FAYE

Our line dancing instructors Jeanne Bonneau and Faye Sullivan are back at the senior center to lead us through some line dancing steps and to get us to kick up our heels once again. The steps are uncomplicated and very different from our Country Line Dancing classes, but both are the same in that you will always have lots of fun. The last Line Dancing Class in this series will be held from 11:15 a.m. to 12:15 p.m. on Wednesday, September 30th. Please call the senior center at 508-543-1252 if you'd like to give it a try.

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, September 30th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On September 30th and October 1st the featured program will be Paolo DiGregorios's program on "The Hapsburgs." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

COUNTRY LINE DANCING

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon at 2:00 p.m. Learn the basic steps, and then put what you've learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

MEDICAL INFORMATION AND SERVICES

CHOLESTEROL CLINIC

We will be holding a Cholesterol/Health Promotion Clinic on Tuesday, September 29th from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for October 6th and 15th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, October 5th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

REGULARLY SCHEDULED

GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon beginning on Friday, September 11th. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to The Dynasty Restaurant in Plainville on Wednesday, September 30th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, September 28th. Van transportation is available.

CLASSIC MOVIE DAY

The featured movie classic for the month of October will be "The Magnificent Ambersons" and is scheduled for Tuesday, October 13th at 12:30 p.m. This American period drama is the second feature film produced and directed by Orson Welles. The movie opens at Amberson Mansion, the most ostentatious dwelling in all of turn-of-the-century Indianapolis. Its mistress is the haughtily beautiful Isabel Amberson (Delores Costello). When Isabel's beau, erstwhile inventor Eugene Morgan (Joseph Cotton), inadvertently humiliates her in public, she breaks off the relationship and marries colorless Wilbur Minafer (Donald Dillaway). She has just one child, George Minafer (Tim Holt), and that one child is more than enough as far as the rest of Indianapolis is concerned. As the years pass, circumstances allow Isabel and Eugene to consider marriage once again, but George refuses to let his mother see Eugene. His imperious bullheadedness will lead to tragedy for all concerned, and, at long last, a chastened George Minafer receives his comeuppance. Come join us and take in this classic movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and Starting on October 7th, Wednesday's Zumba classes will be held from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on September 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, September 29th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, October 6 from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

September 30 – Luncheon at the Dynasty Restaurant

October 7 – Mansfield Crossing (Kohl's, The Paper Store)

WEEKLY SCHEDULED PROGRAMS

CRIBBAGE

The Cribbage Group meets at the senior center on Fridays from 10:15 a.m. to 12:00 noon. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

NUTRITION

The Nutrition Class meets every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. There is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252. Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 28

American Chop Suey
Italian Blend Vegetables
Scali Bread
Mixed Fruit
Calories 305
Sodium 237

Tuesday, September 29

Cheese Ravioli with Alfredo Sauce
Roman Blend Vegetables
Whole Wheat Roll
Fresh Fruit
Calories 364
Sodium 505

Wednesday, September 30

Krunchy Lite Fish
Tartar Sauce
Seasoned Wedges
Tuscany Vegetables
Wheat Bread
Birthday Cake
Calories 430
Sodium 584

Thursday, October 1

BBQ Pork Rib
Whipped Potato
Country Blend Vegetables
Whole Wheat Roll
Pears
Calories 382
Sodium 595

Friday, October 2

Grilled Chicken l'Orange
Rice Pilaf
Peas
Whole Wheat Bread
Pineapple Chunks
Calories 359
Sodium 528